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MEMBERS

... The ...

# Pioneer Osteopath

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Devoted to the Interests of The Science of Osteopathy.

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## Editors :

W. M. Duffie, D.O., B.S.D.

H. L. Riley, D.O.

B. F. Riley, D.O.

Bertha W. Allen, D.O.



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## WHAT OSTEOPATHY IS NOT.

O STEOPATHY is *not* a form of "mental science" under any disguise. It has nothing to do with the action of spirit on body, except that all medical science is helped by good mental conditions, and hindered by bad ones.

It is *not* an "absent treatment," but the most present treatment possible, involving the bodily presence of the patient to operate upon, and the physician to operate.

It has *nothing* directly or indirectly to do with clairvoyance, nor faith, nor occultism of any sort.

It is *not* a treatment, like the various "mind" or "faith" cures, where experience does not teach the practitioner anything, or advance the "science" in the least; where after a thousand cases the "doctor" does not know any more about disease, the body, or the cure, than at the outset, and the rawest new doctor is as useful or useless as the oldest.

It is *not* a system of guesswork which can never be anything but guesswork, which has no facts and cannot accumulate any.

It is *not* a system which, when it is followed by improvement, cannot tell whether it was the treatment that did it, nor whether it would help the next case or not.

It is *not* a system which calls for no study of bodily organs or conditions, is compatible with the densest ignorance of physiology, and does nothing toward dispelling that ignorance.

It is *not* a system which despises and sets aside all the accumulated medical knowledge and experience of



the world, and is exactly the same as if none of the great scientific physicians of the world had ever existed or discovered anything.

It does *not* discard science and study, anatomy and physiology, to go back to incantations.

It is *not* a system of metaphysics, but a system of nature, and the laws of nature.

It does *not* treat disease as a cheat to be cured by another cheat, but as a fact to be cured by other facts.

It is *not* beholden to magic or mystery or miracle, and does not trade on the hidden superstition so active in mankind still.

In a word, it is *not* quackery of any sort. Quackery means applying remedies to diseases at random, either in ignorance of the remedy, of the disease, or whether the one fits the other. Osteopathy applies a scientific remedy to a known complaint, like any other method; not infallible more than others, but based on study and rational inference like them, and with the same right to public confidence.

On the other hand, it is *not* a desperate chance only worth taking because death is sure without it, and sure to make things worse if it does not help. If there are cases too disorganized to be within its restorative power, there are none it disorganizes still further. If it cannot always help, it never harms. Its restorative function is absolute, even though counter-forces may sometimes nullify its apparent benefit. No patient can be the worse for the improvement of nutritive processes, or aught but the better, whether it conquers or is conquered.

In a word, it is *not* a useless and frivolous trifling away of time. Often it can restore to health; always it can do something toward it; it cannot ever interfere with or prejudice any other curative process going on at the time.



## WHAT OSTEOPATHY IS

It is the object of this publication to set forth. In general, it may be said that it is a rigidly scientific treatment of the processes of nutrition, based on the known body of physiological and therapeutic experiment, and drawn from their own conclusions. It is the scientific facts concerning nutrition, and the conditions needed for its thorough attainment, that made Osteopathy an inevitable inference. That science is but carrying out, in a practical system of remedial treatment, the principles they have shown to be at the bottom of healthy physical existence. What they have taught as the necessary state of the human system in perfect health, that state Osteopathy strives to bring about.

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BECAUSE Osteopathy has not yet gained the requisite confidence with the majority, recourse to it is generally had only when all other means have been exhausted, and the malady has already assumed a malignant aspect. Even then the treatment is often followed only for a short time, and if no very striking improvement is evinced within this short period, people generally say: "Oh, that's no good, either," and they discard it, although they held out patiently enough for months with other methods of treatment.

How rich the nineteenth century still is in errors and prejudices, and how poor in genuine thought and knowledge!

THE basis of Osteopathy is just as broad as the science of anatomy, physiology, and pathology upon which it rests.

OSTEOPATHY enables whatever health and strength one may possess, or may acquire, to work under the most favorable circumstances for longevity and comfort.

DYSPEPSIA vanishes before Osteopathy like dew at



sunrise. What the gastro-intestinal tract needs in every case is a normal nerve and blood supply, and in many cases more rational diet.

WITHIN five years Osteopathy has been legalized in Vermont, Ohio, Indiana, Michigan, Illinois, North Dakota, South Dakota, Montana, Kansas, Nebraska, Missouri, Texas, Tennessee, Iowa, Wisconsin, California, and Connecticut. That is a pretty good indication of what the people think of it.

OSTEOPATHY rests its case upon the cures it has made among those pronounced hopelessly incurable by other systems of medicine and surgery.

OPIE READ says: "There is physical refreshment, mental rest, and moral force in Osteopathy's tonic treatment for brain-workers and those nervously overwrought."

MOST persons would not think of running a steam engine with as little regard for its needs as they show for the human body. Why? The steam engine would blow up in a minute. It takes a stroke of apoplexy to bring some people to their senses.

OSTEOPATHY does not claim to cure everything. It deals in no miracles. It has nothing to do with mysticism. Neither is it accessory to or dependent on any other system or systems; it yields to no superior, but stands on its own merits and principles. It does, however, induce nature to cure many diseases which other schools utterly fail to, and, incidentally, all diseases which other schools are able to.

CERTAIN springs and certain drugs may "soak out" and neutralize the poisons of rheumatism when once they have choked up the system, but Osteopathy seeks to eliminate the poisons, and prevent their manufacture in fresh supplies in the system. That is the difference between relief and cure.







## OSTEOPATHY: A New View of the Science of Therapeutics.

(Address delivered before the Society of Science, London, July 17, 1900, by J. Martin Littlejohn, Ph.D., LL.D., D.O., Fellow of the Society, for which he received a unanimous resolution of thanks.)

I MAKE no apology for taking this as the subject of a paper to a learned society. Osteopathy is now a subject of historical interest, because in several of the sovereign states of the American commonwealth it has been legalized as a new and independent system of healing. As one of its representatives I wish to present to you as a College of scholars its claims to recognition, as a science, and a system of therapeutics.

As supplementary to the presentation of Osteopathy already offered to the Fellows of this Society, I wish to explain the foundation principles of the science, and the purpose it seeks to serve as a therapeutic system. This is the earliest home of toleration, and your constitution provides that there shall not be any discrimination among schools of medical treatment in the British Empire, so that freedom of speech and of thought, which won recognition from the days of Milton, guarantees a consideration of the scientific claims of Osteopathy. Your charter as a society for the advancement of science and the encouragement of the scientific spirit is another guarantee of the most respectful consideration wherever merit is found in the realm of science.

Osteopathy has been spoken of in the public press of this country as a fad, has been characterized as a farrago of nonsense; but, like everything else that arises under





the sun, it has its time of trial, and when once the brand of novelty has been removed, Osteopathy will come through the crucible of criticism and even skepticism, to stand or fall on the basis of utility, the greatest good to the greatest number, and the contribution it makes to the life, liberty, and happiness of humanity.

We are living in an age in which it is an honor not only to live, but to take part in those scientific movements that are associated with the world's progress. In all the various arts and sciences we are making remarkable progress; and not the least remarkable among the progresses that we are making is the progress that is being made in the field of medical science. In this field of medical science things that were unthought of a century, or even quarter a century ago, are now on the tapis, and are claiming the attention of the civilized world as well as of the medical profession. In addition to this fact, we have not only the discoveries that have been made and are being made at the present time along medical, surgical, and scientific lines; but we have as we believe reached the point where all these achievements are looked at from the standpoint of humanity. In other words, it is a humanitarian idea that is stimulating the researches of those men and women who are investigating these subjects of science. It is a humanitarian object that is largely in view in the case of those who are entering into these professions, chief among which we find the medical profession and the osteopathic branch of that profession which we represent before you. In this day and age, as never before, there is a demand for scientific Osteopathy. The demand never presented itself so strongly as it does at the present time. The reason why this demand exists so strongly at the present time is because we are assailed from many quarters, and this attack indicates that the critics and the skeptics do not understand what we represent. Ours, therefore, is a campaign of education, not



of counter-assault, or even retaliation. We accept all the bitter things that have been said as a prologue to the real play, in which, after our science has been expounded, we have no fears that it will need to dread criticism. We court criticism.

#### THE TRUE VIEW OF OSTEOPATHY.

The time has come when we are contending not for the science or the system of Osteopathy; we are contending now for the qualifications and the better qualification of the men and women who are in the field of Osteopathy. The states of Missouri, Vermont, Michigan, and several others have recognized and incorporated this recognition in their statutes, that Osteopathy is a science or system of healing. That goes on record as the statutory declaration of these sovereign states of the American Republic. So that the legislatures of these sovereign states have accepted as a legal dictum that this science represents a curative method of dealing with disease, injury, and deformity. The question to be discussed at this point before a body of learned men is not a question of expediency, or of the practical needs of a practical system. The point of view from which we have to look at our system is from the standpoint of truth. We believe that when the system or science is tested by truth it will stand the test, and come out triumphant.

Much confusion exists in the minds even of learned men in regard to what Osteopathy is. Some consider it a crude form of manipulation or massage. Osteopathy is not manipulation, and the science of Osteopathy is not the science of manipulation, first, because in the science of Osteopathy there is an independent diagnosis. No man makes an independent diagnosis by manipulation. We may have to manipulate in order to get at our diagnosis, but the diagnostic part of our science is not manipulation. Secondly, it is scientific manipula-



tion that is employed in Osteopathic therapeutics, not secret, covert, or mysterious magnetic or mesmeric manipulations. Scientific manipulations are at the basis of osteopathic therapeutics. We have no affinity with the masseur who manipulates under medical direction; nor with the hypnotist who manipulates in order to bring his patient under his spell. There is nothing supernatural, mystical, or mysterious in our manipulations. There is not any witchery or sorcery, there is no secret influence exerted by or emanating from the hand or body of him who performs the operative work upon the body. The method of strict manipulation was undoubtedly used long since by Deleuze in France, Elliston in England, Ling, Brandt, and many others; but it was not definitely based upon physical and physiological principles. Our manipulations are scientific, because we base them on well known and well established physical and physiological principles. Those physiological causes that are at the basis of effects produced by manipulations, and those physical principles upon which the manipulations are based as applied to the body, form the basic conditions that lie at the foundation of the osteopathic theory.

#### THE PROGRESS OF THE HEALING PRINCIPLE.

From the earliest times when with sickness came suffering and death, devices have been planned and methods adopted to preserve and prolong life, and to cure or palliate those diseased and deformed conditions that produce misery and death among mankind. Out of these devices developed the medical profession, whose unselfish purpose has been for centuries to make life worth living for those who suffer, and to preserve life as well as cure diseased conditions of life if at all possible where disease has made an attack upon the organism. In no age and in no land has it been laid down as an infallible principle that one method of healing is divinely



ordained. The medical profession has its divine right as a profession among men and nations, but no single or exclusive method has any claim to be the infallible method. Hence the principle of Hippocrates that no poisonous substance should be given has not been adhered to by the disciples of Hippocrates, because they fancied they had discovered medicinal virtues in the poisonous substances of nature. In the lapse of ages many have felt that the use of drugs was disadvantageous to the system, and that nature pointed out a better method. The anti-drug principles have found a place in the medical history of this country and all Europe. But it was fitting that America should make the strongest protest against the use of drugs, because there the old medical is practically in the hands of the drug trust system, and pharmacology has been up to date the principal topic of medical education in the majority of the medical colleges. Hilton and the Hiltonian principles of rest, Keith and the dietetic school, Granville and the Ling school of mechanical movements, Brandt, Ziegenspeck, and others of the school of massage have emphasized the idea that the body may be dealt with therapeutically independent of external drug medication. The great schools of physical culture, the great continental schools of music, gymnastics, and military drill have opened up some of the possibilities of dealing with the body in health from this mechanical and physical standpoint.

#### OSTEOPATHY GOES BACK TO NATURE.

Osteopathy carries us back to nature, to the body, to the body processes, to the body vitalities and the physiological causes, physiological conditions, and physiological functions; and on these, not upon mysticisms, we have based and still base our theory of Osteopathy. We have no affinity with necromancers, hypnotists, etc., of bygone centuries. We claim no secret, magical,



or supernatural power; our power is human, and can be exercised only in connection with bodily processes and functions. Hilton said, "it is the prerogative of nature alone to repair the waste of any structure. He (the physician) will thus realize that his chief duty consists in ascertaining and removing those impediments which obstruct the reparative process or thwart the efforts of nature, and thus enable her to restore the parts to their normal conditions." This is our idea in attempting to get close to nature.

Dr. Shrady of the Medical Record, New York, admits that the Osteopath diagnosticates, decides on, and carries out his own treatment. Therefore he claims the Osteopath practices medicine. He expresses the hope that every one who treats the sick or injured should show proficiency in anatomy, physiology, and obstetrics, whatever his system of therapeutics. This exactly fits in with the *ex-cathedra* statements of United States Justice Field that new conditions will have to be formulated "as new modes of treating diseases are discovered." Osteopathy is a system of medicine, using the word medicine not to indicate drugs, but to indicate the science and art of treating diseases or injuries, and the laws that regulate their practice. Any inorganic substance that goes into the body goes in simply to play the part of a stimulator; a chemical stimulator if it is an inorganic substance is a stimulator to destruction, to the katabolic side of the metabolic process. When we have eliminated by stimulation what forms the nutritive basis of the body organism by this chemical stimulation, there is nothing to take the place of what we have eliminated from the body organism. Hence Osteopathy applies not only to the field of medicine and surgery proper, but also to the field of diet. The body as an organism well ordered, well functioned, is in health. The body organism if it is badly ordered, so that it is abnormal functionally, is in a state of disease. When you apply drugs



to the body organism, what effect have they? The real allopathic principle is the correct principle after all. It stimulates something counter-active, counter-irritant, counter-something. That is the real chemical principle upon which all drug therapeutics must be based. If that principle is true every element and drug that is thrown into that body destroys something, cuts down some element of nutrition in the body that is demanded by the body to sustain it, and especially in its abnormal condition. Hence to give a drug means to give something disadvantageous, deleterious to the body organism, unless where toxicologically counteraction is demanded.

This is not a new principle, but a very old one. Have you ever read the oath of Hippocrates, which he took in the presence of the gods, and handed down to his sons and disciples to be taken by them? In the name of the gods he bound himself not to give any poisonous or deleterious drugs either of his own will or by the counsel of another. That is the school of Hippocrates principle, and that is where we stand today in Osteopathy — nature once more revived. Dr. Upshur puts epigrammatically the same idea. "I believe most profoundly in the scripture injunction in regard to medicine, that it is more blessed to give than to receive, and, therefore, whenever you hear of my taking a dose of medicine you may know that I am in a corner, and cannot crowd out."

#### SCIENTIFIC PRINCIPLES EMPHASIZED BY OTHER SCHOOLS.

There are men who care no more for drugs than we do, who are earnestly looking for something better, and if they find Osteopathy true to science they will give Osteopathy all the credit it deserves. There are other men working along the same lines trying to introduce mechanical and physiological principles into the realm of therapeutics. Scientific methods are being emphasized on every hand. Here in Europe the scientific



methods and scientific principles are coming to the foreground as never before. We find various schools of medicine in Europe that are distinctly based on biological and physiological principles. In the great hospitals in London, Berlin, Vienna, and Paris it is laid down as a fundamental fact that no disease is to be diagnosed unless from a physiological and pathological standpoint. It is on this same basis that serum-therapy is coming to the front, and becoming prominent in Europe. It represents the development from the old mechanical-physical system we find in Europe in past centuries and the change into the biological-physiological field. These men are searching for anti-toxins. If we can demonstrate that the body can produce these anti-toxin substances that Koch and others have been searching for, we have taken down the platform on which they have stood, and converted them at once from a serum-therapy to a scientific osteopathic position. The Ling system, as taught and practiced at Stockholm in connection with the Royal Central Institute, contains physiological principles and osteopathic ideas that require fuller development. It is based, first, upon the idea that drugs are deleterious to the body organism; and secondly, upon the fact that body normality, body vibration, stimulation, and inhibition are at the basis of curative changes, and that these can be produced in connection with the body organism. In the school of Orthopraxy, represented by Drs. Bigg and Roth, we find a system that is essentially based upon mechanical and manual principles.

#### THE MICROBIC THEORY PRINCIPLES.

One theory that marks our modern medicine is the microbic theory. Some have misrepresented Osteopathy in stating that we do not believe in microbes. If any one has eyes, can use them, and can use a microscope, he cannot deny the existence of microbes. The great question is, where shall we place them in the path-



ology and diagnosis of disease? It has been demonstrated that there are certain microbes existent in the body. These microbes are capable of producing toxic substances; but they are also capable of producing anti-toxic substances. Here is one of the antagonisms at the basis of life. The physiological theory of existence is that we have the antagonism of processes, and it is at the basis of vitality. You never found a form of life that did not involve the struggle for existence; and the old Darwinian theory of the struggle for existence is truer in the realm of biology and physiology than we suppose. There is no vitality in a muscle or nerve or in any organ of the body that does not depend on this antagonism. It may be the antagonism of two kinds of muscle, of muscle and nerve, of one muscle to another muscle, of one nerve to another nerve, or of one organ to another organ. Here lies the secret of the physiology of the microbic theory from an osteopathic standpoint. These microbes exist. In their existence they are producing toxic and anti-toxic substances. At the basis of life we have katabolism and anabolism, or the metabolic function. That is performed functionally in pathological conditions by these microbes. What was Pasteur's theory of microbes and their activity? That the disease is produced by means of the microbes acting upon and in a certain field. In other words, if we do not have that field in which the microbes can prey there can be no disease. That is osteopathic. As soon as there is malnutrition of any part of the body or of an organ, there we have a culture field in which these microbes can live. What we want to know is what causes that malnutritional condition. It may be due to contraction of muscles or blood-vessels, displacement of bones, or an interference with the nerve supply, the blood supply, or something else that is essential to life.

A very interesting fact has been brought out recently that is going to give prominence to the microbic theory.



Dr. St. Clair Thompson has pointed out that the cerebro-spinal fluid that is secreted in the brain comes away when we have a cold in that familiar drop that drips from the nose. What is the meaning of this? The cerebro-spinal fluid that is normally secreted in the brain, and that ought to be sent down along the spinal canal, the spinal and cranial nerves, is escaping from the nasal cavity, with the result that the body is losing the nutritive substance that ought to go to the upbuilding of the body organism in connection with the trophic function. Here is one source of infection. He has traced out nasal and other forms of catarrh, a condition due to the presence of a parasite in that cerebro-spinal fluid, in which we have excessive stimulation of the part, and, possibly, a congested condition of the brain resulting from these parasitic causes. Dr. Thompson points out a fact of great importance osteopathically, that this cerebro-spinal fluid is anti-septic; in other words, when the cerebro-spinal fluid or lymph is thrown down into the lungs and other organs and tissues of the body, these organs and tissues are rendered anti-septic, so that no sepsis can have any field where this cerebro-spinal fluid preserves its isotonic condition. If we can so manipulate as to direct this fluid where required, an anti-septic condition can be produced.

#### THE TRUE VIEW OF THE HUMAN BODY.

Some of the great thinkers of the age have spoken of the human body as the masterpiece of divine skill and creative enterprise. This suggested to the minds of therapists the idea that in such a masterpiece there lies the latent possibilities of perfect health, if these latent potentialities are developed; and that if the body is in a state of unhealth there still lie potentialities awaiting direction to head the body back to health and prolonged life. The nineteenth century has been, in its closing years especially, the age of physiology and biology.



When the structure of the human body came to be understood at the dissecting table, the microscope and the X-rays opened up the unseen and unknown depths of structural knowledge, then the time came to examine into the biological principles and potentialities found in that structural organism. Modern theories in the field of physiology have all advanced from the purely chemical and physical to the biological, and no theory stands any chance of even consideration that cannot first stand the test of biological investigation. It is thus that we ask therapeutics to advance from the chemical theories of pharmacology to the biological principles of osteopathic therapy. Therapeutics have been based largely, if not altogether, upon chemical and physical considerations; hence the chemical laboratory, the natural history laboratory, and the pharmacological ante-room have held full sway in the field of therapeutics, suggesting new plants, new chemical substances, new chemical combinations that have a bearing on the body conditions. Recent years, however, have driven the experimenter into the dissecting room and the physiological laboratory, and there he has tried to delve into the possibilities of life, the changes of life, and the basic elements of life under certain conditions. The pathology of Virchow and others has demonstrated the changes of tissue form and combination under diseased conditions. Hence we have learned that health represents a normal functional action, while disease represents abnormal functional action. Modern investigations in the microbic fields have indicated that the microbes are not the causes of diseases directly, but indirectly, because in the mal-nutritional condition of the tissues of the body there is a field in which these microbes can find a sphere of activity. As a result of this the conclusion is reached that health represents the natural condition of the tissues of the body, and the body structurally and functionally. This condition of health is suspended upon these conditions: (1) healthy



tissues, and their proper individual nutrition; (2) healthy blood and lymph, and their proper distribution by circulation and absorption throughout the organism; and (3) normal nerve force, its proper generation in healthy nerve tissue, and its proper distribution through the organism along the appropriate nerve channels, and through the medium of appropriate nerve centers. Here we have the basic principles of health. Any interference with any or all of these conditions by mal-nutrition, obstruction, stagnation, displacement, etc., produces disease. Hence disease represents an abnormal action on the part of abnormal tissues or abnormally placed tissues, and the cause of this abnormal action or disease is the physical or mechanical condition giving rise to obstruction, stagnation, mal-nutrition, or misplacement.

#### THE SERUM-THERAPY PRINCIPLES.

The great schools of serum-therapy have emphasized the principle that in dealing with disease we must deal with it, first, upon the *similia similibus* principle from the physiological point of view, that is, we must deal with it from the biological standpoint; second, upon the *contraria contrariis* principle from the standpoint of *antitoxin* or *antiseptis* on a serum basis, that is, physiologically. Osteopathy steps in to emphasize the fact that it is unnecessary to spend time and labor in the artificial production of this serum outside the body, because the great medicinal chest is the body itself, and the *vis medicatrix* is the great inherent power associated with the native elements of the body organism. The organic chemistry of the body teaches us how the body is built up on a proteid basis; how it originates from a protoplasmic basis, in which solid substances are suspended in a fluid medium to form the original bioplasm of the body. This suggests that in the rearrangement and reorganization of these organic elements two things must be kept in view, (1) that the rearrangement and



reorganization must be determined from within in connection with the inherent forces of vitality in the organism and the vital force of its tissues and organs; (2) that all the materials for this reconstruction must be supplied on a dietetic basis, and that nothing that may be regarded as foreign to the organism or alien to its constitution can be regarded as healthful, health giving, or health restoring. Hence all foreign drugs must be eliminated from the field of Osteopathic therapeutics.

What are the fundamental principles of osteopathy? We have defined osteopathy as follows:

Osteopathy is that science or system of healing which emphasizes (a) the diagnosis of diseases by physical methods with a view to discovering, not the symptoms, but the causes of disease, in connection with misplacements of tissue, obstruction of the fluids, and interference with the forces of the organism; (b) the treatment of diseases by scientific manipulations in connection with which the operating physician mechanically uses and applies the inherent resources of the organism to overcome disease and establish health, either by removing or correcting mechanical disorders, and thus permitting nature to recuperate the diseased part, or by producing and establishing anti-toxic and anti-septic conditions to counteract toxic and septic conditions of the organism or its parts; (c) the application of mechanical and operative surgery in setting fractured or dislocated bones, repairing lacerations, and removing abnormal tissue growths or tissue elements when these become dangerous to the organic life.

#### SCIENTIFIC DIAGNOSIS.

(1) The chief point that distinguishes our modern school from the older schools of medicine is the prominence that is given to scientific diagnosis. This scientific basis of osteopathy in the field of diagnosis is one



of the grandest achievements of modern times. This diagnosis is physical and mechanical as well as chemical and physiological. The diagnosis must be both physical and scientific. We say physical before scientific, because it is not based on symptoms, but upon etiology. We do not eliminate symptoms, because a symptom is all right if we can use it to trace the condition to its source or cause. The symptom is like the peripheral nerve we find in the body. That nerve is very useful sometimes when we want to get at a center, as the peripheral nerve is the only superficial nerve we can reach as a pathway to the center. We use the symptoms as pathways to lead us to the cause or causes of disease.

#### THE BODY ARCHITECTURE.

The body is built on a definite plan. It is put together on the basis of physics and biology. We can trace out in anatomy, embryology, physiology, and physiological physics the plan of architecture, the method in which out of the primal tissue elements, bone, muscle, ligament, nerve tissue, etc., are formed, and then united together so as to constitute in the happy harmony of connected parts, the human body. The architecture of a building is not more perfect than the architecture of the body; neither is there greater beauty in the architecture of a splendid building than there is in the temple of the human body. No man can diagnose a disease who does not understand the minutest architecture of the body, and the deviations from the normal likely to be found in an abnormal or diseased condition of the body. The delicacy of structure, the finesse of adjustment, and the elegance of contour form the bases of a perfect body organism. The wear and tear of life render these delicate and delicately adjusted parts very liable to misplacement and mal-alignment. Here is the foundation of disease from a mechanical or architectural point of



view. Stress, strain, the undue distribution of forces of the body, the improper exercise of certain of its parts, the exaggerated use of certain of its organs, these may produce some mal-adjustment, and while this mal-adjustment continues it is impossible for that body to be in a healthy condition. All the drugs of the universe could not replace those misplaced parts, or restore integrity to those wasting tissues from which are cut off some of the vital supplies of life. To find out what is obstructing these supplies, cutting off the connection of parts from the great central forces of the organism and preventing that inter-communion of parts, which is absolutely necessary for life, is the great function of physical diagnosis. To do this the most minute anatomy of healthy and diseased bodies must be comprehended; the great landmarks of the body must be clearly understood and located, so that when the body is examined from the standpoint of anatomical clinique any deviation from the normal may be detected in muscle, bone, ligament, nerve, blood-vessel, etc. The bones sustain a definite relation to one another, fit into each other, and are so placed that the attachments of muscle, ligaments, cartilage, and the passage of nerve filaments and blood-vessels, the location of nerve centers, vascular spaces, lymph tissue, etc., and the inter-connection of cell with cell and cellular with inter-cellular elements in the formation of tissues form the most fundamental points in the anatomy of the organism. Displace, disarrange, obstruct any of these on any physical, mechanical, or other basis, and the mechanism of the body ceases to be perfect, and being imperfect is either deformed or diseased. To find out where this displacement or derangement exists, how it takes place, what relation it sustains to the normal relations, how this abnormal position affects that particular part of the body in general — these are the questions of minute physics, mechanics, biology, that physical diagnosis must answer.



### THE BLOOD SUPPLY.

Order is the law of life and harmony is the principle of body architecture and body activities. Anything that throws this order and harmony into a condition of disorder is a productive cause of disease. Here we use the word lesion to indicate any deviation in any tissue or organ of the body away from the normal. A misplaced bone, a contracted, contracted, or tetanized muscle, a displaced organ, may form the basis of such a lesion, and where such a lesion exists all kinds of complications may arise, involving especially the fluids of the body, the blood and lymph, and the nerve force that represents the energy of the master and controlling tissue of the body. The blood has its great center and its pathways of distribution as well as the physical and biological forces and principles at the basis of its distribution. Diagnosis must be able to lay its finger upon the exact point at which interference with this blood supply exists. The blood is formed in particular parts of the body, is composed of certain well-known elements, which, when normal, preserve the isotonicity of the blood tissue; and its elements consist of physiological constituents, namely, the corpuscles which preserve their identity as red and white corpuscles, blood plates, and granules. In the normal body this blood is formed within the body itself for the body use, so that the blood of every special body is its own and every other blood or blood element is foreign to the blood of that particular body. If the blood does not follow its normal course, is interfered with at the central reservoir or anywhere along its circulation path, this represents derangement, and diagnosis must discover where interference exists, and why it exists.

### THE NERVE FORCE OF THE BODY.

The nerve force represents the great vital body force. It has its great center in the brain, and its pathways of



distribution with subsidiary centers of transformation, distribution, and concentration. The body is a bundle of such nerves lacing and interlacing the tissues. Each nerve has a distinct path, supplies a particular part of the body or its tissues, subserves a particular function in the economy of the body of life, receives its supply of energy from a particular part of the eminent domain of the nervous tissue, and is united by sympathy and vital affinity to each other part of the nervous system. Hence in the brain it is necessary to divide the eminent domain into localized areas that represent the landmarks of individualized functional activity. It is necessary to differentiate the cranial nerve supply from the spinal nerve supply, and to localize the foramina of exit and the levels of distribution from the great centers in the lower brain and the lower centers in the spinal cord, in order to get the osteopathic centers of lesion for the diagnosis of diseases. It is necessary to distinguish the cerebro-spinal from the sympathetic system, in order to differentiate the central and centralizing influences of the great masses of cerebral and spinal nerve matter from the ganglionic and plexus masses of nerve tissue at the basis of visceral and vaso-motor functional activities. Here lies the secret of the distinction between skeletal and voluntary muscle control on the one hand, and visceral and involuntary control on the other. This gives us the distinction between motivity applied to the body, and that localized motivity found in the visceral organs of the body. Any derangement in any of these systems makes the interference with the inter-communion of nerve elements that gives rise to neurasthenic, hyperaesthetic, etc., condition, and may interfere at almost any point in the complicated nervous systems with the body or organ life. To localize these interferences is the great masterpiece of diagnosis in connection with nervous troubles that figure so largely in the category of diseases to be dealt with by the modern physician.



This will indicate to you that osteopathic diagnosis is not a fake, and no child's play; nor is it possible in the hands of an ignoramus. The most perfect knowledge of the minutest anatomical architecture of the body is the only basis for such a diagnosis, and no one can pretend to diagnosticate on such a purely objective basis until every portion of the body is as well known to his educated touch as are the levers to the hand of the expert signal man into whose care is entrusted an entire metropolitan system. It is necessary, therefore, to acquire great dexterity in the hands and fingers, the educated touch being cultivated to the highest degree. The hands and fingers must be so skilfully trained "that every nervous papilla is an additional eye with a clear vision."

#### THE FUNDAMENTAL BASIS OF THERAPY.

(2) Having diagnosticated disease in its physical or mechanical causation, and traced it to some misplacement, obstruction, or condition of interference with some tissue, part of tissue, or organ of the body, we are ready to indicate the new view of therapeutics. Physics supplies us with the principles at the basis of dynamics, hydrodynamics, and hydrostatics; physiology applies these to the tissues and to the body as a unit. The science of manipulation, both active and passive, applies these principles practically to the body, so as to replace the displaced, to release the obstructed, to stimulate the over weak, to inhibit the over strong, and to co-ordinate the forces that are found inco-ordinated in the case of disease or deformity. Physiology has pointed out that the nervous system is most responsive to mechanical stimulation, mechanical stimulation being less exhaustive and more recuperative to the system than any form of chemical stimulation, or any other kind of stimulation. This is in line with what we said before,



that in the field of physiology modern theories mark the advance from the chemical and physical of the older theories to the biological of the newer theories. The field of mechanical therapy has indicated that a muscle is very susceptible to stimuli, and that a nerve is also very responsive to vibration, pressure, tension. A nerve is susceptible to both stimulation and inhibition; in the former case the application of a *moving* pressure stimulating the nerve to increased activity, chiefly by communicating an impulse to the center governing the nerve; in the latter case a *steady* pressure cuts off the passage of impulses along the nerve path, and thus inhibits its action upon a tissue or organ.

#### CORRECTIVE — PALLIATIVE — CURATIVE.

The larger part of the new science of therapeutics is *corrective*, a smaller part being occupied with *palliative* and directly *curative* measures. The corrective measures or methods follow up naturally the diagnosis. When diagnosis discovers a lesion, therapeutics suggest the correction of that lesion, as a state of health consists of order and harmony, and the removal of anything interfering with this order and harmony has a curative effect. The delicacy of manipulation is brought out by the means that are adopted to correct bones that are misplaced, to put in place tissues that are misplaced, to remove obstructions that may impede the circulation or the passage of the current of nerve forces. The spine represents the great center of osteopathic manipulation, because there we reach the foramina from which and into which pass the interior and posterior roots of the spinal nerves, and around which cluster the sympathetic connections in the ganglia and gangliated cords on either side of the spine. There we reach the spinous muscles, the great centers of vaso-motor control, and especially vaso-constrictor influence over the blood-vessels, as



these centers are located in the dorsal spine; from thence emanate all these cerebral and spinal influences of a tonic, trophic, and motive nature that go to regulate either directly or through the sympathetic system the entire visceral life. The nutritive condition of any local part of the body depends upon the blood supply to bring in the nutrient materials, and carry off the waste; and this blood supply in turn depends upon the nerve supply for its regulation and distribution. The nerve supply is both nutritive and trophic, the nutritive influence being concerned in the supply of materials upon which the tissues are to be nourished, and the trophic influences originating in the brain being transmitted along the cerebro-spinal path for selective purposes in order to pick out and apply the materials furnished to the particular tissues. Physiology has pointed out that in the great field of secretion there are both trophic and secretory influences, and that these are governed by two distinct and separate nervous influences. Modern physiology has demonstrated that the doctrine of internal secretion lies at the foundation of all the nutritive processes, and that any modification of these internal secretory processes results in a pathological condition. Osteopathy believes that this internal secretory process is at the basis of all nutrition, and wherever there is an interference with any of these secretory processes there exists a condition of mal-nutrition. This forms the fundamental basis of our conception of disease. Now secretion is regulated by and entirely dependent upon, (a) the blood supply, and its proper regulation; (b) the nerve supply, and (c) the process or processes of cell activity. To restore these to the normal can be accomplished most successfully through the regulation of the blood supply, and the nerve force and the regulation of these is best accomplished by manipulation at the proper points regulative of these functions.



## RATIONAL THERAPY.

Hence, any function, such as rhythm in the heart, peristalsis in the alimentary canal, secretion in the glands and membranes, excretion from the glands and membranes, the pulse in the arterial vessel walls, the contraction and relaxation of the muscle tissues in a normal state of tonicity—these are all dependent upon the nutritive condition of the tissues concerned. If this nutritive condition is interfered with by cutting off or interfering with the nerve and blood supplies, a state of disease is at once established locally. To remove this condition of disease the only logical method is to correct the *causa causans* producing the abnormal condition. If a house is on fire the only rational method of dealing with the conflagration is to attempt to put out the fire by the removal of the cause, or the overbearing of it by water, or some other expedient. If a stretch of land is overrun by flood the only rational means of remedying the condition is to attempt to stem the flood by repairing the breach that has caused the overflow. Similarly where a direct producing cause can be traced out in a case of disease or body disorder, the proper rational therapeutic measures to adopt are to correct the cause or condition producing the disorder. Secondary effects or results often follow from this primary cause or condition, and these are called symptoms or evidences of disease. Drug medication has dealt largely with symptoms, as its diagnosis has been based largely on symptomatology, leaving the etiology in many cases uninvestigated and untouched in the treatment. We point out the futility of dealing with effects simply or of attempting to palliate symptomatic conditions while the primary cause is left untouched. Hence our new therapeutics lays it down as a fundamental principle that we must deal with the cause, correcting that cause as soon as physical diagnosis has discovered it. Osteopathic di-



agnosis and therapeutics, therefore, are etiological, the etiology being traced up to some abnormal state of the body alignment or functionality.

Hence the new therapeutics reduces itself to a regional distribution of influences, nerve, blood, and lymph, that affect local parts of the body; to the localization of these influences around what are called osteopathic centers, and to the tracing out in any given condition of disease, that is of every lesion or disturbance likely to affect the localized condition, and the correction of these in order to restore unity, continuity, and harmony, in the influences and processes upon which body vitality depends. Hence the tendency in osteopathic therapeutics is to a *specific* treatment combined with a *general* treatment designed to act as a *tonic* to the system so as to strengthen and enable it to throw off the disease. This general treatment is of great value in toning up the system, equalizing the circulation, equilibrating the nerve force economy, and giving endurance to the general system in the attempt to bring it through a specific course of disease without fatality.

#### STIMULATION AND INHIBITION.

In addition to the corrective measures, the palliative and curative measures depend upon the power to stimulate or inhibit the nervous system, to check or increase the blood flow, to increase or decrease the modulus of contractility in muscle, or the rhythmic activity of organs like the heart, liver, or spleen, and the power to increase or decrease secretions, to desensitize in the case of pain, and to increase the degree of irritability where the system is run down. We cannot attempt to follow out the therapeutics of diseases, because these can be discussed only in connection with specific diseases, and from a practical physical standpoint. All known diseases so far subjected to osteopathic treat-



ment have yielded to the corrective or curative methods, and great landmark points in the body structure and architecture have been identified with certain diseases. Even the dread disease of insanity has been demonstrated to be associated with regional displacement of the vertebræ in the cervical spine, and the correction of that displacement has been proved to be remedial of insanity. Displaced vertebræ at any region of the spine, misplaced or falsely rotated ribs, improperly placed scapulæ, depressed cartilages, tipped and rotated ilia — these and many other similar conditions have been found in many diseases, and the mechanical correction of these has successfully cured the disease.

#### THE CHEMISTRY OF OSTEOPATHY.

Some have asked if we reject chemistry altogether, since we set aside drugs. We recognize toxicological medicine and its necessity. In addition to this we recognize that the greatest of all chemical laboratories is found in the human body. There we find elements organized on a compound organic basis, and united within a unit organism in such a way as to form the chemical foundation of biological life. The productive capacity of the body is most remarkable, but this productive capacity is on a definite organic basis. Hence anything that is inorganic cannot be assimilated to the body substance until and unless it is organized. Hence, these inorganic substances can be used only for stimulation, and this stimulation involves the exhaustion of latent energy without supplying anything to take the place of that which is dissipated. The body chemically compounds its own substances, has the capacity of forming substances that can dissolve the most solid substances in the body. Fibrous tissue formed in fibroid tumors, deposited in thyroid enlargements, have been absorbed by means of the regulation of the supply



of fluid into those enlarged parts. This indicates the possibility of promoting excretion to such an extent as to remove excretions deposited or grown within the tissues.

#### OSTEOPATHIC SURGERY.

There is one other field I wish to mention, as associated with Osteopathy, that is, the field of surgery. Osteopathic medicine and surgery represent the new school of therapeutics. Surgery must become osteopathic in order to eliminate from the field of surgery much of what we have called "butcher surgery." There is a great tendency in modern times, especially in America, to rush into surgical operations as a remedy for almost any conditions. Goitres, fibroid tumors, and the like that formerly were treated as surgical cases, have been made amenable to osteopathic manipulation with success. Many diseases that were regarded as incurable or curable only by a surgical operation have been cured without the use of the knife. Inflammatory conditions of the uterus, ovaries, and fallopian tubes, which were considered to indicate surgical removal, have been completely cured without any operations. In this negative field alone, by removing cases from operation, Osteopathy has done incalculable good in calling a halt to those butcher remedies that have unsexed thousands of the female sex.

#### MOBILITY VERSUS IMMOBILITY.

But not alone in this negative field is Osteopathy of service. In a positive manner osteopathic surgery represents a new principle. There is one man who has formulated along a particular line osteopathic surgery. Dr. Championnière of the city of Paris, chief surgeon in the Hospital Beaujou, has been investigating and practically demonstrating the possibility of such a reformed



physiological surgery. In 1867 he pointed out that the old method of surgery in dealing with a dislocation by means of the process of immobilization is unscientific and incorrect. He has made a full statement and demonstration of his views in his work published in 1895, in which he claims, as we do, that all surgery must be considered from the mobile, and not from the immobile standpoint. The immobile is found in the old plaster cast and the iron or wooden box made use of to support the body in deformity, as well as the different forms of mechanism used to correct such deformities of the body. He points out that in 1,200 cases that have been treated by himself since 1894 he has never had occasion to make use of the plaster cast, the iron box, or the wooden box, as an immobile apparatus to sustain the body, or to assist in the union of an ununited fracture. He made use of the same principle as we use osteopathically.

Where there is a fracture or dislocation it is necessary to preserve the mobility as completely as possible. Mobility is the biological principle of life, the most fundamental property of living, bioplasmic tissue being mobility. If we throw a part of the body into immobility we throw that part of the body into a condition that threatens it with death. Here it is important to distinguish between morbid pathology, wherein we have the germs or elements of destruction or death, and physiological pathology, in which, when abnormality exists, there is accommodation physiologically to the changed condition and the tendency toward the normal. Hence, we say with Dr. Championnière, throw aside your immobile apparatus, use only a bandage, and preserve the greatest mobility possible and consistent with the processes of repair. Stimulate the limb from the peripheral parts of it once or twice every day to keep up the vitality of that organ, or of that part of the organism in order to distribute the fluids and forces necessary



to the reparative processes. The result will be that in applying this mobile principle, the osteopathic principle in the field of surgery, repair will be quickly promoted, and the organism will maintain its vitalizing relations with the repairing part, so as to promote restitution as quickly as possible.

Osteopathically the operative field of surgery becomes the last resort in cases where portions become dangerous to the organism, or growths are found that hazard the body vitality.

#### OSTEOPATHY COEXTENSIVE WITH HEALING.

This, as you will readily see, gives us osteopathically the whole field of the healing art and science. This is the ideal that we have in mind, to take everything in the field of medicine, surgery, and obstetrics, except *materia medica* on a drug basis, and by making it our own, establish a new system of therapeutics on an independent basis. This is the idea of the college whose catalogue I have the privilege of submitting to you tonight.

In this age of enlightenment and scientific investigation, nothing can claim a place that cannot prove its claims beyond a reasonable doubt. Of osteopathy, the new claimant in the field of therapy, it may be safely said, many of the hitherto incurable forms of disease have yielded to its application, and many of the diseases already regarded as curable have also been cured by the scientific manipulations applied by the skilled osteopath. It claims that where it has been applied with accurate knowledge it has been beneficial, restoring many otherwise incurable cases to health, and doing so without recourse to drugs that leave the dregs of their after effects in the system.

You are not asked to receive it by faith. We hold ourselves in readiness to apply it, and to subject its application to the most careful scrutiny and criticism. If



it stands the test, conforms itself to physiology, anatomy, and pathology, applies well-known and rational principles of physiological physics, then the true scientific spirit will demand its acceptance, and justice will provide a place for it in the field of therapy. We do not ask for our science and art toleration, or a place second to any other system, simply because it has done some good. We ask equality for demonstrated methods of therapy. In following this plan we will not be hasty to snatch a victory before it is won, but, when the victory is won, it will be a victory of merit which science will justify and truth will gladly accept. Having presented the claims of this new science we rest on our oars, assured of final victory, and, in the meantime, we wait with patience for the fullest recognition such a science demands.

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